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English 11E

**Speeches: Rough Draft**

**Delaying the Time School Starts**

Have you ever wished, school could start an hour or two later? Concerning the afterschool activities each individual in this school has and the amount of homework, it is just too hard for the students to wake up at such an early time. What about the ones who lives even farther away from school? Well, some have to wake up at 5 in the morning just to come to school. There are students who go to hakwon until 10 o’clock studying other classes than the ones they take in school. The time school starts should be delayed because this will soon affect the amount of sleep students get, the academic performances, and the students’ health.

To be able to do all the homework given, and the extra curricular activities gives the students only a few hours to sleep. Only if school started later, the time that school starts in the students mind would be late, and would be able to sleep with stability. What will this lack of sleep affect the students? The lack of sleep will lead the students to sleep during class. Since the amount of sleep the students got was so little, and the time school started was so early, the tenseness has leaded the students to be unable to sleep well. Thus, when students get to school, the tenseness will be gone, relaxes the muscle, and make them fall asleep. When these students fall asleep, the teachers may think that their classes are boring. This feeling will make them loose the motivation to teach. As I took a survey from some of the students, 8 out of 10 students tend to fall asleep during the first class of school, and 4 out of 10 students fall asleep in their second class. For example, I saw one of my friends fall asleep in their first block, and slept through the whole class. When waking him up, he had to shaken and hit very hard. This had brought him shame for his reputation, and eventually lost all the teachings the teacher gave for that class. This shows that a delay of one hour will reduce the number of students falling asleep in class.

School starting time will eventually be a domino effect that leads into the academic performances. Since school starts at such an early time, students are unable to sleep deep, and fall asleep during classes. As students fall asleep in class, they miss the lecture or the valuable information presented by the teacher. Once missed, of course the participation grade will lower down, and the grade that the student gets on that information would be low because they will not have understood the lesson. Lower grade means lower GPAs. We live in a society where GPAs are the most important factor students must consider. However, due to the amount of time students sleep and the time school starts make a domino effect by lowering the GPA. For example, athletics have difficulties if the time they rest is not enough before a game, and would affect the outcome of the game. Also, the body would not be ready to activate in a proper way, especially not being able to bring out what they have practiced. Some may eventually blame the school for their entire life if they do not get into a university that they had dreamed of. Not only the students would be concerned, but as well as the parents, because for some, parent care more about their children’s GPA then the students themselves do.

Education is not the only thing parents will be concerned about. Parents care about the health of their children. First of all, the amount of sleep students gets will affect the condition of their mood, and as well as the body cycle. Some of the students do not eat breakfast because the body will not digest well. Researches done from our school, it tells me that 6 out of 10 students do not eat breakfast, and the reasons are the same: the inability to digest, and not wanting to eat because it is too early. If students don’t eat breakfast, as researched by a scientist, the brain is unable to concentrate and work accordingly. As experimented, when a person eats breakfast, they are able to learn and move faster. However, when a person does not eat in the morning, everything slows down, and the brain does not function as well as the one who did eat breakfast. In *Changeling*, a movie, lack of food obtained and sleep led to a destruction of the mind and made changes to the body that was not pleasant to deal with. This is the case of many KIS students. They wake up at 6 in the morning, do not eat breakfast, go to school, eat lunch at 10:45, go home by 4, eat dinner at 6, and when it’s midnight eat a meal or snack again because the food eaten has already been digested. This cycle will not only affect the body cycle, but will lead to obesity if not stopped and controlled.

Many of the school say that school starts at a reasonable time, however, the opinions of the students, and parents are different. Does the school realize how few hours of sleep students get? And how this will lead into a major decrease in GPAs of the entire grade? If the school realizes the domino effect just because of the time school starts, it is reasonable to delay one or two hours. The time school starts should be delayed because this will soon affect the amount of sleep students get, the academic performances, and the students’ health. Although the school says that no matter what time students come to school, they must stay even later in order to complete the school hours, students are better with the idea of school starting at 10 then 8, and ending 2 hours later than what we usually do.